

TOBACCO FREE NEBRASKA RESOURCE DIRECTORY

2005-2006



for a great state of health

To request materials from the Tobacco Free Nebraska
Resource Directory contact:

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Materials in this Directory are available to Nebraska groups and organizations on a free loan, first come/first served basis. Contact my office **IN ADVANCE** to request the materials you wish to use.

They will be sent to you UPS and the only charge to you will be the return postage.

Materials are checked out to you for 5-7 days. Please be prompt in returning your materials because others may be waiting for them. The person requesting the material is responsible for lost, damaged, or unreturned materials.



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VIDEOS

ALCOHOL, TOBACCO and OTHER DRUGS

LEVEL: Jr High-Adult

ALASKAN KIDS NEWS NETWORK

A "news show" of kids interviewing kids on why they should not use tobacco.

9 min. LEVEL: Jr -Sr High

THE AIR WE SHARE

Documentary on secondhand smoke

30 min. LEVEL: Sr. High - Adult

THE BIG DIPPER

Describes the health effects of smokeless tobacco use and teaches refusal skills for dealing with peer pressure. 15 min. LEVEL: 5th-12th Grades

THE CHEWS BLUES

Take a strong stand against smokeless tobacco

LEVEL: Jr High - ADULT

CONFESSIONS OF A SIMPLE SURGEON

Australian surgeon Arthur Chesterfield risks jail to stop the tobacco industry.

21 min. LEVEL: Jr High-Adult

DEATH IN THE WEST

Documentary features interviews with medical experts, the tobacco industry and once rugged cowboys of the "Marlboro Country" who are now dying of smoking related diseases. 32 min. LEVEL: Jr High-Adult

DIARY OF A TEEN SMOKER

Explores the image that allures young girls to start smoking. Includes Facilitator's Guide. 26 min. LEVEL: Jr High-Sr High



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DIARY OF A YOUNG SMOKER

Tells the story of Luke, whose diary gives a real glimpse into the real world of a young smoker. 22 min. LEVEL: Grades 5-9

DIRTY BUSINESS

More than an anti smoking film because it teaches students about the effects of advertising on their "choices." 20 min. LEVEL: Jr-Sr High

DONNIE DINOSAUR'S TOBACCO TROUBLE

While on a walk through the forest, Sandy leads Milo into a cave and pressures him to smoke a cigarette. Activity masters included. 12 min. LEVEL: Primary Grades

DON'T START! Three Short Films About Not Smoking

A selection of three one minute, anti smoking films. 4 min. LEVEL: Grades 2nd-4th

DUSTY THE DRAGON AND DR. MARGE HOGAN TALK ABOUT TOBACCO

Animated for Grades K-3rd 11 min.

DYING FOR A SMOKE

Answers questions and calls people to action against tobacco. 39 min.
LEVEL: Sr High-Adult

THE FEMININE MISTAKE

Narrated by Meredith Baxter Birney. 32 min. LEVEL: Sr High-Adult

FIGHTING BACK

Communities fighting and beating big tobacco. 12 min. LEVEL: Sr High-Adult

HOW I QUIT SMOKING AND SAVED MY LIFE

Through Carrie's eyes we learn how hard it is for her and other teens to break their addiction to nicotine and the smoking culture they have adopted.
29 min. LEVEL: Sr High



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HUGH MC CABE: The Coaches Final Lesson

This powerful film documents the final year in the life of a junior high school coach and teacher who is dying of lung cancer. 17 min. LEVEL: Jr High-Adult

I Quit: How To Stop Smoking

Information on the how's & why's of smoking cessation.
22 min. LEVEL: Sr High - Adult

IN THE MIX

The unfiltered truth about cigarettes. An award winning PBS series. 30 min.
LEVEL: Jr-Sr High

INVESTING IN TOBACCO CONTROL: A Guide for State Decision Makers

CDC Teleconference

LEVEL: Adult

JUST DO MEDIA LITERACY

Step-by-step guide to media literacy by Peter D.
LEVEL: Jr-Sr High

KEEPING YOUR KIDS TOBACCO, ALCOHOL & DRUG FREE

Host Mark Hamill (Star Wars) describes resources for parents, gives tips from health professionals and provides practical information for those who work with and care about youth. 30 min. LEVEL: Adults

KICKIN' BUTTS: How to Put Out Your Last Cigarette

Did you ever want to quit smoking but were afraid to? 24 min.
LEVEL: Sr High-Adult

THE KID AND THE DIPPER

Examines the dangers of using smokeless tobacco. 10 min. LEVEL: Jr-Sr High

KNOW SMOKING

Video and Teacher Resource Book and Student Activity Masters
LEVEL: Middle School



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LET'S NOT SMOKE

If you are pregnant and smoke this video will help you to quit and stay quit. Hosted by Rob Reiner
LEVEL: Sr High - Adult

LIGHTING UP: Gruesome Facts About Cigarette Smoking

20 minutes LEVEL: Middle School - High School

MARA'S BREATHTAKING STORY

A creative writing assignment in school sets Mara reflecting on her decision to give up smoking. 22 min. LEVEL: Jr-Sr High

MI BEBE' FUMANDO

1991 21 minutes LEVEL: Sr High-Adult

MTV TALKS TOBACCO

Developed by the Centers for Disease Control and Prevention. 18 min.
LEVEL: Jr-Sr High

NO DIP - NO DUH!

A "no-brainer" for spit tobacco use
LEVEL: Jr - Sr High

THE PERFORMANCE EDGE

A MTV type video shows the effects of alcohol and tobacco and how they spell defeat! 7 min. LEVEL: Jr-Sr High

PHYSICAL EFFECTS OF SMOKING - *SPANISH*

Video and Guide in Spanish. 15 min. LEVEL: Jr High - Adult

POISONING YOUR CHILDREN: The Perils of Secondhand Smoke

Shows parents, grandparents and others the importance of not smoking around children. 12 min. LEVEL: Adults

QUITTING, THE CHOICE IS YOURS

This video presumes the person has already made the decision to quit smoking and wants to know how to succeed in fighting the craving to smoke! 12 min.
LEVEL: Sr High



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THE QUITTER

A witty, animated film can help smokers kick the habit! 7 min.

LEVEL: Sr High-Adult

REBELLING AGAINST TOBACCO ADS

Media Literacy for prevention, critical thinking and self esteem. Hosted by Peter D.

LEVEL: Jr-Sr High

SAVING LIVES: Tobacco Prevention Works!

National Campaign for Tobacco Free Kids

10 min.

LEVEL: Adult

SECONDHAND SMOKE - *ALSO AVAILABLE IN SPANISH*

Addresses the serious health hazards of sidestream tobacco smoke. It combines humor with scientific facts. 15 min. LEVEL: Jr High-Adult

SECONDHAND SMOKE: A MATTER OF LIFE AND BREATH

This video takes a hard look at secondhand smoke and its continued impact on non-smokers. 11 min. LEVEL: Sr High - Adult

SECRETS THROUGHT THE SMOKE

An educational video featuring Dr. Jeffery Wigand 55 min. LEVEL: Sr High - Adult

SELLING ADDICTION: A Workshop Kit on Tobacco and Alcohol Advertising

Three part discussion on marketing, advertising and advertising myths. Discussion Guide included. 19 min. LEVEL: Jr-Sr High

SLAM!!!

Tells the story of Leslie Nuchow, a singer/songwriter who was offered a contract to promote her songs through Virginia Slim cigarettes-buy 2 packs and get Leslie's CD free! Leslie said "NO" and now protests the use of music to market cigarettes.

15 min. LEVEL: Jr High-Adult



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SMOKE ALARM: The Unfiltered Truth About Cigarettes

Teaches young people one of the most important lessons they can learn-to keep away from tobacco. Presented by HBO and Consumer Reports. 30 min. LEVEL: Jr High-Adult

SMOKE AND MIRRORS: A History of Denial

Examines the past and illuminates the issues that threaten the tobacco industry's Future. 75 min. LEVEL: Sr High - Adult

SMOKE SCREENS

A powerful message for young people about the dangers of tobacco for the former Winston man, super model Dave Goerlitz. 18 min. LEVEL: Jr-Sr High

SMOKELESS - NOT HARMLESS

Looks back at the tactics used to sell smokeless tobacco over the past century. 5 min. LEVEL: Sr High - Adult

SMOKELESS TOBACCO: A Spittin' Image

From Media Projects, Inc. 14 min. LEVEL: Jr-Sr High

SMOKELESS TOBACCO: Is It Worth The Risk?

Facts, figures and illustrations on the risks involved in using smokeless tobacco. 10 min. LEVEL: Jr High-Adult

SMOKELESS TOBACCO: Your Habit or Your Life

Uses interviews with smokeless tobacco users and dentists who have seen, up close, the damage smokeless tobacco can do. 16 min. LEVEL: Jr High-Adult

SMOKING: A Guide to Self-Health

Illustrates the health effects of smoking on the body. 13 $\frac{1}{2}$ min.
LEVEL: Sr High-Adult

SMOKING: The Toxic Truth - *ALSO AVAILABLE IN SPANISH*

What your friends won't tell you about smoking cigarettes. Includes Resource Guide. 20 min. LEVEL: Jr-Sr High



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SMOKIN' SAM

Two youngsters help a roller hockey star to quit smoking. 23 min.

LEVEL: 4th-8th Grades

THE STORY OF A SPIT TOBACCO USER

The story of baseball player Rick Bender and his fight with oral cancer. 19 min.

LEVEL: Jr High-Adult

TAKE BACK YOUR LIFE

Created as a follow-up to "Smoke Screens", this video reaches out to today's nicotine addicted youth and the people who care about them.

Two parts-Total time 45 min. LEVEL: Jr-Sr High

THINK IT OVER-Kids Tell the Truth About Tobacco

A video made by kid, for kids. 30 min. LEVEL: Jr-Sr High

TRAGIC CHOICE: The Bob Leslie Story

How smokeless tobacco affected Bob Leslie's life and caused his death. 12 min.

LEVEL: Jr High-Adult

THE TRUTH ABOUT TOBACCO

Stars Pete, as a hip host with a MTV attitude! 17 min. LEVEL: Jr-Sr High

THE TRUTH ABOUT TOBACCO WITH PATRICK REYNOLDS

This powerful, multimedia live presentation helps motivate youth to stay tobacco free, and resist the onslaught of tobacco advertising and peer pressure. Presented by Patrick Reynolds, grandson of the tobacco company founder R.J. Reynolds.

Part One - 20 min Part Two - 20 min LEVEL: Jr-Sr High

THE TRUTH ABOUT SMOKELESS TOBACCO

Shows the health hazards of chew and snuff. A pre and post-test are included.

16 min. LEVEL: Jr-Sr High

TRUTH OR DARE

Excellent video for teens and young adults. 20 min. LEVEL: Jr-Sr High

TRUTH OR DARE (SPANISH)



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TOBACCO HORROR PICTURE SHOW

Video combines humor with horror to drive home the message that nicotine hooks you, while tar kills you. 28 min. LEVEL: Jr - Sr High

TOBACCO MARKETING AND KIDS

Distributed by the Tobacco Education Clearinghouse. 12 min. Jr-Sr High, Adult

TOBACCO X-FILES

Tobacco is the first cornerstone gateway drug. Combines teen interviews with a series of staged gross-outs. 28 min. LEVEL: Jr-Sr High

WHAT'S WRONG WITH NICOTINE

Features high school students who were "lured" into smoking. Exposes the power of nicotine addiction. LEVEL: Sr High

WHAT'S WRONG WITH TOBACCO

Examines the negatives of tobacco use. 29 min. LEVEL: Jr-Sr High

WOMEN AND CIGARETTES: A Fatal Attraction

WOMEN AND TOBACCO: 7 Deadly Myths

Video with discussion guide. 17 min. LEVEL: Sr High-Adult

WITCHES BREW: Secondhand Smoke in the Workplace

An American Cancer Society production. 10 ½ min. LEVEL: Adult

YOU CAN CHOOSE! SAYING "NO" TO SMOKING

Children and teens learn to say "NO" to smoking and risky behavior. Micheal Pritchard, a juvenile probation officer turned comedian narrates the video. A Discussion Guide is included. 28 min. LEVEL: 5th-12 Grades



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CURRICULUM, GUIDES, ETC.

THE ART of SONGS & SKITS IN TOBACCO EDUCATION

For Primary Grades

BEYOND COLD TURKEY - TOBACCO QUITTING METHODS

DISPELLING THE MYTHS ABOUT TOBACCO

A community toolkit for reducing tobacco use among women

DRUGS, ALCOHOL & TOBACCO

Totally Awesome Teaching Strategies by Meeks, Heit & Page

EXERCISE & SMOKING CESSATION

Video and Curriculum

FIT, HEALTHY AND READY TO LEARN

A school health policy guide for physical activity, healthy eating and tobacco-use prevention.

GET ACTIVE... GET STARTED

A peer to peer teaching tool for tobacco prevention. Activities for Primary - High School.

GET REAL ABOUT TOBACCO

Curriculum for educators on tobacco prevention and activism.

HEALTH EDCO CURRICULUM - TOBACCO MODULE

An innovative and comprehensive interactive curriculum aimed at preventing tobacco use through education LEVEL: Grade 7

Note-This item must be picked up from TFN/HHSS offices. It cannot be mailed!

HOW I QUIT SMOKING AND SAVED MY LIFE

Curriculum Guide and video.



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I CAN'T BREATHE. . .

A smokers story with Pam Laffin 1969-2000.

IMPOTENCE & SMOKING

Video and Curriculum

KENTUCKY QUIT SPIT PROGRAM

Curriculum with 2 videos and power point presentation.

KNOW SMOKING: A Decision Making Program for Intermediate Students

Includes curriculum guides, activity masters, video and visuals for Middle School students.

LIFE SKILLS CURRICULUM

A CDC recommended curriculum for grades

MEDIA SHARP: Analyzing Tobacco and Alcohol Messages

Curriculum with video

MISSION POSSIBLE: STOP THE SALE

A Guide to conducting compliance checks.

NO IFs, ANDs OR BUTTS

Curriculum Guide and video.

NO KIDDING AROUND

America's young activists are changing our world and YOU can too!

OPERATION STOREFRONT

Outlines how to conduct an "Operation Storefront" in your community.

OPERATION T.A.C.T.I.C.

Teens against chewing tobacco in the community.

PHYSICAL EFFECTS OF SMOKING

Video and curriculum. Also in Spanish.



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PREGNANCY & SMOKING

Video and Curriculum

PROJECT T.N.T.

Curriculum for Grades 5th-8th. Endorsed by CDC

SCENE SMOKING

Cigarettes, cinema and the myth of cool!

SCIENCE & HEALTH EXPERIMENTS & DEMONSTRATIONS IN SMOKING EDUCATION

Materials for Grades K-12 from the American School Health Association

SECONDHAND SMOKE

Video and curriculum. Also in Spanish.

SECONDHAND SMOKE: A Matter of Life and Breath

SECONDHAND SMOKE & CHILDREN: Conducting Public Outreach Programs

A Guide prepared by American's for Nonsmokers Rights regarding public policies protecting children and nonsmokers from environmental tobacco smoke

SECRETS THROUGH THE SMOKE

An educational curriculum featuring Dr. Jeffrey Wigand

SMOKE SCREENERS

A media literacy program aimed at increasing young people's awareness of tobacco use in the movies. Includes video.

SMOKING EXPOSED

A three part program examining health effects of tobacco use, tobacco advertising and the reasons NOT to start smoking. Includes 18 min. video and activity masters and fact sheets.



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SPIT TOBACCO EXPOSED

Testimonials from smokeless tobacco users and young people's personal views about this deadly form of tobacco. Includes a 16 min. video, activity sheets and fact sheets.

SPIT TOBACCO & YOU

Video and Guide Book

STAT SPEAKER'S GUIDE AND SLIDE COLLECTION

A collection of 234 slides with script designed to encourage people to stand up and speak out about the tactics used by the tobacco industry to market an addictive product.

STRAIGHT TALK ABOUT SMOKE-FREE WORKPLACE LAWS

Produced by Campaign for Tobacco-Free Kids, American Nonsmoker's Rights Foundation and Kids Involuntarily Inhaling Secondhand Smoke (KIISS), this guide examines the benefits of smoke free policies to businesses. The guide includes a 6.5-minute CD and fact sheets on the health effects of secondhand smoke exposure, a summary of the evidence that smoke-free laws do not harm businesses and quotes from industry insiders on ventilation systems.

Audience: Legislators and policy makers, editorial boards, civic organizations

T.A.T.U. CURRICULUM

A curriculum from Am. Heart Association, Am. Lung Assoc. and Am. Cancer Society which recruits teens grades 9-11 to teach younger children to avoid tobacco.

TARGETED! HOW TOBACCO & ALCOHOL COMPANIES TRY TO GET YOU HOOKED

Video and curriculum

THE ART OF SONGS & SKITS IN TOBACCO EDUCATION

For Primary grades

THE TOBACCO INDUSTRY'S TARGETING OF WOMEN AND PEOPLE OF COLOR

A collection of 91 slides depicting how the tobacco industry targets women and people of color in their advertising and promotions.



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TOBACCO FREE: Cessation & Prevention Curriculum & Video

A six-session curriculum developed by Colorado ASSIST Program. Addresses both smoking and smokeless tobacco use. Includes a video developed by a teen drama group. Also available with a Spanish video.

TRINKETS AND TRASH SLIDE COLLECTION

A collection of 134 slides which illustrates common tobacco industry promotional practices in the U.S.

UTAH SECONDARY EDUCATION GUIDE

Tobacco prevention curriculum for Grades 7-12th.

WHAT'S WRONG WITH TOBACCO?

Uses a variety of scenes and speakers to get the message to teens that tobacco kills!

WOMEN & SMOKING

Video and Curriculum

YOUTH INFUSION

Intergenerational advocacy toolkit.



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VISUALS

BIG CIGARETTE

32" model encases a banner that lists the 108 poisonous chemicals contained in cigarette smoke.

DANGERS OF SMOKING

Four panel display board

DEATH OF A LUNG

9" x 12" display showing a model of a healthy lung, cancerous lung tumor and emphysema.

GROSSMOUTH

A hinged mouth model of teeth, tongue and oral cavity accurately shows the effects of using smokeless tobacco.

MR. DIP LIP

Mouth opens and closes from the rear and flesh like lips retract to show disease effects of dipping on the inner lip, gums and teeth.

SECONDHAND SMOKE: A MATTER OF LIFE AND BREATH

Four panel display board

SMOKEY SUE

When you pump Sue's "lungs" with your hand she "smokes" a cigarette and collects the tars in a test tube, designed to simulate her lungs.

SMOKEY SUE SMOKES FOR TWO

Cousin to Smokey Sue, but as Sue smokes, tars and nicotine pass through the water around the life-like model of a 7 month fetus, mimicking the placenta.

SMOKING - It's Effects and Hazards

Four panel display board



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STICKERS

****The following materials are offered in quantity (as available) at no charge****

CHOOSE TO BE TOBACCO FREE

3" sticker with the international "no smoking" symbol. Smokeless tobacco is pictured along with the cigarette.

LEVEL: All

PLEASE DON'T SMOKE

3" sticker showing a large and a small heart.

LEVEL: All

YOU SMOKE...I'LL CROAK!!

Frog with a no smoking message. A NE Dental Association Poster Contest Winner

LEVEL: All



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BROCHURES

A GUIDE FOR QUITTING SMOKELESS TOBACCO

DO YOU KNOW THAT IT IS AGAINST THE LAW TO SELL
TOBACCO TO MINORS?

NEBRASKA SMOKE FREE DINING GUIDE

SMOKELESS TOBACCO: DO YOU KNOW?

\$3.00 BILLS - SECONDHAND SMOKE IS NO JOKE!



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POSTERS

THERE ARE CHILDREN IN THE HOUSE-PLEASE DON'T
SMOKE!

8 $\frac{1}{2}$ " x 11" poster

THERE IS A BABY IN THE HOUSE-PLEASE DON'T SMOKE!

8 $\frac{1}{2}$ " x 11" poster

OTHER POSTERS

Are available from the Centers for Disease Control and Prevention (CDC),
www.cdc.gov/tobacco



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